

of the planting of new seeds. Since this method is very uncertain and involves a great loss of time, the modern practice is to graft a branch of a female tree on to *all* plants when two years old before the sexes can be distinguished. When ripe, the fruits are gathered by hand and the outer part discarded. The mace is carefully removed to avoid breakage, flattened out, and dried in the sun, when it loses its brilliant scarlet colour. It is well known as a valuable spice. The seeds are dried in ovens or in the sun for several weeks until the kernels rattle in the thin outer seed coat. The latter is then broken and the kernels or nutmegs cleaned and packed for export.

The "mild" or "long" nutmeg is much inferior to the true nutmeg and is derived from a variety of *M. fragrans*, which is sometimes regarded as a distinct species, *M. latua*. The Papua nutmeg is the kernel of *M. argentea*. There are several other so-called nutmegs which are of little or no use as a spice, the more important being the Calabash or Jamaica nutmeg (*Monodora Myristica*); the Brazilian nutmeg (*Cryptocarya moschata*); and the Calfooman nutmeg (*Torreya Myristica*).

GINGER

Ginger is prepared from the dried rhizomes of *Zingiber officinale*, a plant with a somewhat reed-like habit found truly wild only in Asia, but now cultivated in many parts of the tropics.



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CEYLON. PREPARING CINNAMON